

Utilising Community Centres for prevention and empowerment Funding Impact Report

Supporting communities across East Surrey





Foreword



I am delighted to introduce this report which provides an overview of the impact on local communities of East Surrey Place's funding for community centres.

Four community centres benefitted from this funding. These centres offer directly run activities to support more vulnerable residents as well as hireable spaces which can be used by charities, community groups, public sector organisations, and local small businesses to provide services and activities for local communities. Located at the heart of some of our East Surrey neighbourhoods, these centres provide a non-clinical setting in which we can facilitate local projects which engage with and empower local people, groups, and organisations to create healthier communities.

This report showcases the impact of these projects. It highlights what can be achieved in community settings to promote health creation. We must learn from these findings as we seek to achieve more together as East Surrey Place to improve the health and wellbeing of local communities.

Justine Chatfield

Senior Responsible Officer, Prevention and Communities
Strategic Head of Communities and Wellbeing,
Reigate & Banstead Borough Council

Background

In March 2022, Reigate & Banstead Borough Council and Tandridge District Council secured £23,000 of non-recurrent East Surrey Place funding to provide funded hours for room hire in four community centres - the Woodhatch Community Centre and Horley Community Centre in Reigate & Banstead, and the Lingfield and Dormansland Community Centre and the Westway Centre in Tandridge. The £23,000 was split equally between Reigate & Banstead Borough Council and Tandridge District Council to provide funded hours in their community centres.



East Surrey



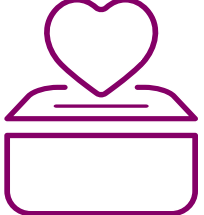
- Westway Centre
- Lingfield & Dormandsland Community Centre
- Horley Community Centre
- Woodhatch Community Centre

All four community centres are open to all, operating to benefit residents. They offer a safe space for people to socialise and participate in a wide range of activities. The centres are open to all ages, abilities, and cultures. There are a range of spaces available for hire and we encourage local groups, partners, and hirers to use the centres spaces to provide a vast range of activities to benefit the community.



Key statistics from all funded activities:

869 
hours of space in
community centres

£23,000
total
funding 

267 
sessions held

3547 
participants

Prevention Themes:

Mental and Emotional Wellbeing

Reducing Isolation

Healthy Lifestyles

Inclusion



Horley Community Centre provides a warm welcome to everyone. The centre offers multipurpose facilities designed to serve the needs and interests of the local community. The centre is open for a wide range of activities, provides lunches and has bookable spaces to host events, group activities, and much more. These welcoming spaces encourage people to come together and enjoy low-cost activities and promote wellbeing.

African Community in Surrey and Sussex (ACISS)

ACISS is dedicated to educating, informing, connecting, and equipping African immigrants and people of African descent in Surrey and Sussex with the people and resources they need to foster a thriving community.

Supporting inclusion and creating communities.

8 sessions with 325 participants over 72 hours

Green Environmental Repair Café

A community organisation offering help to the local community to fix their broken items to save money and reduce waste.

Supporting creating communities and tackling poverty.

3 sessions with 25 participants over 25 hours

Horley Community Get Together

A community organisation bringing local residents together for carol singing.

Supporting creating communities, reducing isolation, and inclusion.

1 session with 13 participants over 4 hours

MHA Communities East Surrey

MHA Communities East Surrey work to enable older people to maintain their independence and live more fulfilled lives.

Supporting inclusion and preventing isolation.

30 sessions with 360 participants over 60 hours



Neighbourhood Meetings

Allocation of funding to support NHS health provider local meetings. These meetings provided networking opportunities for health providers, allowing them to review trends in health issues in the local areas and coordinate their responses.

Supporting creating communities and increasing partnership.

Ongoing work



Case study

MHA – Methodist Homes Association (Horley)

30 sessions over 60 hours with 360 participants

Mental and Emotional Wellbeing

Reduce Isolation

Inclusion

MHA Communities East Surrey work to enable older people to maintain their independence and live more fulfilled lives.

Beneficiaries: 10-15 people per session

MHA Communities East Surrey work to enable older people to maintain their independence and live more fulfilled lives. Through befriending, lunch clubs, assisted shopping, activity and friendship sessions, outings, escorts to appointments and much more, MHA's Communities across the UK help to tackle loneliness and isolation in people over 60 – helping them to lead fulfilled lives and remain as active members in their local communities.

What they did and the impact it made:

The grant allowed for a weekly catch up to get everyone together for a few hours, to do some crafting, amongst other activities.



In short, the funding has had a significantly positive impact on our service as we (MHA Communities East Surrey) typically struggle to cover the cost of room hire for our weekly Horley club. Covering the room hire cost enables us to keep the activity charge for our members low and buy in better Club resources for a richer programme. We are aware that many of the members who attend the weekly Horley Club live in a more socially deprived area and consequently benefit directly from a low-cost Club. We are aware that we could look at alternative venues which are cheaper, however, many of our members additionally benefit from the mini-bus service run from Regents Hall.

Emma Wilson, Scheme Manager, MHA Communities – East Surrey





Woodhatch Community Centre provides a warm welcome to everyone. The centre offers multipurpose facilities designed to serve the needs and interests of the local community. The centre is open for a wide range of activities, provides lunches and has bookable spaces to host events, group activities, and much more. These welcoming spaces encourage people to come together and enjoy low-cost activities and promote wellbeing.

Surrey Care Trust

Surrey Care Trust offer a range of holistic long-term services and support, that understand and respond to local people's needs.

Supporting vulnerable young people, families, and adults to improve their lives.

6 sessions over 15 hours with 72 participants

u3a Reigate and Sight for Surrey

The charity u3a provides opportunities for people no longer in full-time work to come together and learn for fun through various interest groups. They collaborated with Sight for Surrey who are the largest organisation in Surrey working with people who are vision impaired, deaf, hard of hearing or who have a combined sight and hearing loss.

Supporting mental and physical wellbeing, and inclusion.

1 session of 2 hours with 60 participants

Jigsaw

Jigsaw run bereavement support for children and young people who have either experienced the death of a significant family member through illness, accident, suicide, or murder, or who have a family member with a life-limiting condition.

Supporting mental and emotional wellbeing.

10 sessions over 71 hours with 115 participants

SEN Friends

A social group for parents of SEN children to support each other, share experiences and tips, and learn from each other.

Supporting mental and emotional wellbeing, and inclusion.

6 sessions over 12 hours with 35 participants

Dementia 1st

Dementia 1st provide care and support for people with dementia, through social interaction and meaningful activities.

Supporting mental wellbeing and reducing isolation.

1 session of 7.5 hours with 18 participants

Alliance for Better Care

Alliance for Better Care – GP practices to support primary care colleagues and transform how healthcare is managed within local communities.

Supporting healthy lifestyles and creating communities.

5 sessions over 21 hours with 80 participants



Parkinson's UK

A charitable organisation that aims to find a cure for Parkinson's disease through funding research and supporting those affected by the disease.

Supporting mental and emotional wellbeing, and physical activity.

6 sessions over 15 hours with 90 participants

Neighbourhood Meetings

Allocation of funding to support NHS health provider local meetings. These meetings provided networking opportunities for health providers, allowing them to review trends in health issues in the local areas and coordinate their responses.

Supporting creating communities and increasing partnership.

Ongoing work

Case study

Jigsaw, Woodhatch Community Centre

10 sessions over 71 hours with 115 participants

Mental and Emotional Wellbeing

Beneficiaries: Bereavement support for children and young people who have either experienced the death of a significant family member through illness, accident, suicide, or murder, or who have a family member with a life-limiting condition.

What they did and the impact it made:

Jigsaw ran family bereavement sessions, creating a safe and supportive environment for children, young people, and adults to share their experience openly and build links with other families who have been bereaved. Participant parents reported feeling less alone and more emotionally connect with their child(ren), with children reporting that they had fun and enjoyed time with their family.



The funding you have provided has supported the delivery of our family bereavement sessions and our prewinter activity event. **Between April 2023 - March 2024 we will have delivered several family bereavement sessions for children and young people aged 4-18 years old.**





170 hours



£2,370 cost



550 participants



59 sessions

The Centre is in the heart of Lingfield Village and welcomes over 30,000 residents each year. The centre hosts over 40 regular groups and classes offering a range of activities for young and older people including fitness, education, arts and crafts, leisure activities and social events.

Crafty Crafters

A craft group who worked on needlework and card making projects supporting a range of adults.

Supporting mental and emotional wellbeing and reducing isolation.

26 sessions over 104 hours with 310 participants



Healthy Eating Club

A cookery club which cooked meals together in a group, additionally teaching culinary skills, bringing awareness and increased confidence in how to prepare low cost healthy and appetising meals.

Supporting healthy eating habits.

33 sessions over 66 hours with 240 participants

Neighbourhood Meetings

Allocation of funding to support NHS health provider local meetings. These meetings provided networking opportunities for health providers, allowing them to review trends in health issues in the local areas and coordinate their responses.

Supporting creating communities and increasing partnership.

Ongoing work



Case study

Healthy Eating Club, Lingfield & Dormansland Community Centre

33 sessions over 66 hours with 240 participants

Healthy Lifestyles

Beneficiaries: 240

To promote healthy eating habits, thereby preventing or reducing the impact of long-term health conditions such as diabetes and obesity.

The aims of the club were to promote healthy eating habits, to reduce the impact of long-term health conditions. It also aimed to showcase a variety of low-fat and low-sugar dishes in the form of cookery demonstrations and tastings and to provide a welcoming and relaxed space in which people would feel comfortable enough to discuss their eating habits.

Each session included the following content:

- Healthy eating advice and guidance following the principles of the NHS Eating Well Guide.
- The 'Traffic Light' food labelling system.
- Alternative cooking methods (air fryers, woks, slow cookers).
- The health benefits of home fermented foods such as Keffir, Sauerkraut, and Kombucha.

Several of the attendees admitted that they only bought convenience food and were not confident cooks; some shared their food issues with the group and wanted to discuss strategies to avoid binge eating or poor food choices when stressed.

Most sessions focused on a recipe from a large healthy eating (out of print) cookbook. The nutritional content of the recipe was highlighted followed by a step-by-step live cooking demonstration and tasting of the dish. This provided opportunities for discussions about cooking techniques, equipment, sourcing of ingredients and substitutions to meet individual budget and taste requirements.

The group soon developed friendships and support. People started to exchange phone numbers, share lifts, and soon became concerned if one of the regulars missed a session. A WhatsApp group was created, and people are sharing their experiences and weight goals and being incredibly supportive to each other.

A satisfaction survey was distributed and 99% said that they had made lifestyle changes because of attending the programme.

The following comments were feedback:

- I would like to learn more and see more dishes made in this environment. It's a nice group and easy to be with and learn more.
- There should be more of these community events. They work on so many levels.
- Excellent initiative. Lisa has done a fantastic job at presenting new recipes. Lovely, friendly atmosphere.
- Lisa has been inspiring, friendly, knowledgeable, creative, welcoming and above all a wonderful chef.
- It was a very interesting and enlightening course. It was carried out in such a happy way and the knowledge I gained was very good. I cannot think of any suggestions except it needs to be done more often!

The Westway Centre



381 hours



£9,130 cost



1726 participants



110 sessions

The Centre provides wellbeing services and leisure activities to residents in the North of Tandridge. It is located in Caterham and hosts a number of local community groups.

Men in Sheds

A group for men with additional support needs – to get involved with repairs to the centre/ craft projects/chat.

Supporting Working Age adults and older adults.

16 sessions with 64 participants

Jane's Group

A Friendship and language group for refugees and people new to the area. Supporting all age ranges from pre-school through to adults.

Supported Mental Wellbeing, and loneliness.

26 sessions with 312 participants

Bereavement Support

A group supporting those recently bereaved, informal volunteer group peer to peer chat over coffee.

Supported Mental Wellbeing, and loneliness.

12 sessions with 108 participants

Knit & Natter/Crafty Coffee Beans

Group led by Salvation Army Volunteers. Members had a chance to work together on craft projects whilst socialising over coffee.

Supported Mental Wellbeing, and loneliness.

12 sessions with 144 participants

Film Night

Volunteer led Film night aimed at working age adults and older adults.

Supported Mental Wellbeing, and loneliness.

6 sessions with 96 participants

Alison's Wellbeing

A Peer-to-Peer mental health support group. Aimed at working age adults.

Supported Mental Wellbeing, and loneliness.

12 sessions with 72 participants





Wayfarer's Cyclists

A cyclist drop in ride for older cyclists.

Supported physical wellbeing and loneliness.

1 session with 55 participants

Community Singing Group

Volunteer led singing group.

Supported older and working adult age group.

Supported Mental Wellbeing, and loneliness.

25 sessions with 875 participants

Neighbourhood Meetings

Allocation of funding to support NHS health provider local meetings. These meetings provided networking opportunities for health providers, allowing them to review trends in health issues in the local areas and coordinate their responses.

Supporting creating communities and increasing partnership.

Ongoing work





[nhs.uk](https://www.nhs.uk)



[reigate-banstead.gov.uk](https://www.reigate-banstead.gov.uk)



[eastsurrey-alliance.org](https://www.eastsurrey-alliance.org)



[tandridge.gov.uk](https://www.tandridge.gov.uk)

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